Dr. David Clements Interview Last Cosmic News & Higher Self

Dr David Clements, Noemi Paymal

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Dr. David Clements was a professional string theory physicist with advanced degrees from Cambridge and Oxford Universities. During his university teaching career, he worked with Dr. Thomas Bearden and John Bedini, who introduced him to their respective theories and inventions based on the work of Nikola Tesla. In 2000, Dr. Clements. received a remote viewing kit, which he used to teach himself to use with stunning accuracy. Through remote viewing, he established contact with extraterrestrials from the Pleiades, Arcturus, and Andromedan star systems. Later, he began communicating with highly advanced extraterrestrials called the Elohim who became a part of his extraterrestrial team of advisors and helpers. Dr. Clements bilocated his consciousness so he would be simultaneously resting at his home, while also in a starship interacting with extraterrestrials. On their ships, he described how all his physical senses engaged with the environment as though he was physically present. In Dr. Clements interactions with his extraterrestrial team, he has gained much information, healing, and insights into the functions of different technologies. He describes the important role of one's Higher Self in

evaluating the information given by extraterrestrials in all cases and how his ET team encouraged him to do so. Dr. Clements describes the significance of connecting with the Sacred Heart Center which he distinguishes from the heart chakra found in Kundalini yoga systems. While the latter is part of an elaborate chakra system developed for experiencing life in the human body, the Sacred Heart Center has an infinity point that directly connects one to what he describes as the heart of the Universal Infinite.

Meditations are on Dr. David Clement's Patreon channel, https://www.patreon.com/c/infinitesourcecreations/ That is where all the streams of infinite Source Intelligence, global meditations and channels of other beings, come through. For the other sites, https://www.isee-infynergy.com/ is the ISEE site for protective innovations and https://infinitesourcecreations.com/ has the Quantum Still-point Clarifier device and the Quantum Earth Seeds innovations.

NOEMI: Let's go. Hello everyone. Hello. It's Cecilia Marta and Dr. David Clements finally here at the program with you. I'm very, very, very happy. The program will be in Spanish later on. So now we're going to English. And welcome. And maybe Cecilia wants to introduce you with a little CV of yours. And then of course, if you want to add up anything, it's all yours.

DAVID: Sure.

CECILIA: Hi and welcome everyone. Dr. David Clements was a professional string theory physicist with advanced degrees for Cambridge and Oxford University. In 2000, Dr. Clements received a remote viewing kit which he used to teach himself to use with stunning accuracy. So remote viewing established contact with extraterrestrials from communities, the Arcturus and Andromeda star systems.

Later, he began communicating with highly advanced extraterrestrials called the Elohim. Dr. Clements can bilocate his consciousness. Dr. Clements describes as well the significance of connecting with the sacred heart center.

DAVID: Thank you so much. And hello to everybody all around the world wherever you are. It's lovely to be here. And thank you for that

introduction. Would you like me to just give a brief background to myself a little bit more before we go into Q&A, I guess?
NOEMI: Yes.
DAVID: Yes. So for those who don't know me or haven't heard any of the information that has come through me before or from me. So I started as Cecilia mentioned as a theoretical physicist. I worked in some of the leading academic institutions in the UK. But during that time, a couple of things happened. I had this remote viewing kit as Cecilia mentioned and I wasn't sure if it was going to work, but I had read these very profound testimonials by people who worked in different programs who developed it.
And these were serious researchers. So I thought I'd like to have a look at this and see if it works. And by this point, I wasn't spiritually minded. I was very scientific in my approach. Everything was mental, mental. But I did this and the results were profound. I had a very, very powerful bilocation experience, which you can read more about. I don't always waste too much time on that specifically.
But it was enough to really kick on my intuition and really just activate my receptors, if you like, my antennae. There's a lot more going on here than I'm aware of. Just after then, I started doing a course called Pleiadian Lightwork, which is when I started to really accelerate my connection with the Pleiadians.
And then I started getting this whole world view open up on me that was not what I expected at all. And then as I began this journey, a lot of massive amounts of clearing, personal clearing, clearing my filters, belief systems, old energies. And I really wanted a whole bunch of stuff out of the way because that really does get in the way of clear communication.
So I went through a whole number of very, very difficult years, having to clear and cleanse myself of all this stuff they wanted me to be clear of. But in the mix of that, I had this very strong connection with my higher self, the core intelligence within the high dimensional intelligence from the heart center. And while I was going through this process, the Arcturians made themselves known to me as well.
So at that time, I started getting more impulsive ideas of different innovations and now what I call living energy technologies or living

energy innovations. Very different from the sort of electronic or mechanical innovations or technologies we know today. And yes, my experience with these different groups is, I don't like to use the word technology so much. Let's call it the innovations, they have are so advanced, but these are living conscious innovations, if you like.
So their ships are conscious ships. And it's an organic living intelligence. And there's this very beautiful interactivity between the living energetics, the field systems with the ships and these beings themselves.
So I had a big steep learning curve to move from where I was being a purely structural based physicist looking at everything in terms of just matter, interaction of matter, fundamental particles and so on and so forth to really understand the living field nature that is underlying everything and the just colossal interconnectivity and layering of these different fields. So yes, that's a very big sort of snapshot, I guess in a way.
So if you guys have any questions you'd like to lead on from there, I'm happy to answer them.
NOEMI: Yes, we have to start again to the scientific. This one is scientific, how do you lead clear contact with no human intelligence if the matter of data or intuition or how the connection actually is interdimensional as well.
DAVID: Yes. Yes, that's an interesting question. So there's a couple of ways really. So that kind of level of communication, the bilocation method that I began to learn, which it kind of extended from the remote viewing the visceralness or the, how could I say, the clarity of the event that unfolds as I'm doing this is very, very clear. The communication is very clear and the information that is passed to me, which I've put into practice in different innovations is very real. Now, the difficulty here is that with the scientific method, it relies on using material based instruments to have a reading or response from.
So, for example, let's take an EMF meter, electromagnetic field meter. All that is doing is it's measuring the oscillation of electrons within the antenna because it's being hit by some kind of incoming energy and it makes those electrons oscillate. And the electronics

inside will then read the oscillation of current and say, Oh, look, you've got a wave of this frequency or this amplitude coming through.
It doesn't actually see directly the wave or the contents of the wave. So, for example, like one of the things I say to people is it's like, imagine an ocean and you throw some glowing ping pong balls on the ocean and you turn off the lights and now the waves are going up and down and you see the ping pong balls going up and down. These are, I see a wave. I can measure the frequency of the wave. I can measure the amplitude of the wave. But what you cannot see or detect is the plethora of life that is in the ocean, the material, the medium that is actually making those balls go up and down. And therefore, you can see some sort of wave that is going through and you measure that.
So, scientific instrumentation is extremely limited and it's really based on material movement or matter movement rather than subtle fields or intelligent fields or it just simply can't see them. Now, that's something that I believe we're heading to where science is going to move into a far greater understanding of living fluid fields. Intelligent fields, those kind of things, but as a mainstream physicist, somebody who's had their foot in that camp, it really isn't there and I can tell you that very assuredly.
But back to your question really is just that it's the visceralness, the level of communication, the kind of ideas that are exchanged between these beings because it's brand new information which I have had no humanly experience of in order to my imagination to sort of invent that.
But also the visuals as well and the sensorial perception, the energetics you sense going through your bodies as you're having this or as I'm having this experience is so far removed or different from my everyday experience that I, it's not something that I can just recreate. If you're not actually having the experience, you don't get those events happening.
So it's something which, yes, I encourage people to explore in their own way with their higher selves. And that I would say is a very, very strong point I always make that the connection with your higher self

to communicate through is a very important one because not only do you develop your higher self connection, your higher self will oversee and moderate that in that communication to make sure you get the right types of energy, the right level of energy, the right information that you're looking for as well. So that's something I always do. It's always working through the high self.

NOEMI: So Dr. Clements, the trick is the human body. We have the instrument to connect that the defense. Yes.

DAVID: Yes, indeed. That's exactly right. The human body has a multi-dimensional makeup to it. But because of the human condition because of the lives that we lived since we were tiny infants, much of that has just been dormant or switched off.

So people aren't used to the idea of multi-dimensional sensorial perception sensitive people who can sense energies. They have certain amounts of that switched on already and they can sense things that other people don't perceive and may not necessarily be able to bring it into clarity and sometimes they can with really good results.

But I believe that what's happening as part of this many people call it the Ascension process is that many layers that have remained dormant or inactive or some which are brand new, which are coming online if you want to say it that way within the human form.

So our ability to sense living energetics, multi-dimensional energetics is coming on bit by bit by bit, faster in others, and it's all different for different people. But I believe that's exactly what is happening.

NOEMI: And the children, they do have it.

DAVID: Oh, yes. Well, babies.

NOEMI: And we were the education. That's why.

DAVID: Yes. And actually, I was having a conversation with somebody not too long ago about this and it's like infants can see things. They can perceive things around you that you may not be aware of because their sensorial. Openness hasn't been clamped down yet by societal programming the usual human stuff that we go through.

So they have it available. And obviously very slowly it goes down, but I believe the time between the infant being born to when it slowly

starts to drop off is getting wider and wider because that availability is becoming stronger and stronger and it stretches out.
So yes, a lot of these kids coming through, they have a good deal of that still active as they're walking around in the general day, definitely.
NOEMI: Very good news. Dr. Clements, Marta has a lot of questions as well about experience, but before that for people who wants to know more about you, would you like to introduce your team. Who is with you?
DAVID: It's interesting. I found that the more communication, the more contacts that I've had through these bilocation experiences, the more present it simply is there. I don't necessarily have to go through the meditative routines that I used to go through in order to connect. And that's the other thing about having a strong connection with your high self because your high self extends all the way up back to Source and has instantaneous ready to go communication with all of these high level beings.
So if you have that connection with your higher self, you have this fluid communication that's available to you 24 seven and it's very different from sitting down and choosing yourself to just have a direct connection.
So I'd say that learning to integrate work with the higher self is very, very important, but. So oftentimes throughout my to answer your question, my research and you know what I do. The main beings that I work with are our bacteria and there's a mix of other races as well, Pleiadians as well. The Pleiadians seem to be more focused with the healing side of things belief systems clearance that kind of thing. They're very, very, very intelligent, very gentle race.
The Arcturians do the same as well, but they're a little bit more focused on the sort of advanced living energetic innovation side of things because in my understanding, the Arcturians are renowned in this galaxy and probably beyond in my speculation that their level of living energy innovations is so far off the charts with what they have done. They are just incredible innovators in that way. They really are. But so massively patient as well, all of them are.

And that's one of the signs or the qualities of high level beings and it was the Arcturians to give a more contrast to your question. I was developing a coil system, which they were helping me to build and understand. And I was, the information wasn't coming through and I was getting a bit frustrated and the Arcturians came through quite clearly and said, look, just settle yourself, just calm. And they said, what's happening is you're trying to mentally break this down and analyze something which your mind is not capable of perceiving because the living energetics of this goes beyond the perceptibility of your mind's abilities.

So it's all appears to be shutting down. And they said, you will find there is a world of difference between perceiving and living from your heart intelligence and having your mind as an extension or a, yes, literally an extension of your heart intelligence into the mind itself. So there is this bridging beautiful living energetic bridge that I believe that humanity is moving into where instead of the mind being its own thing flailing around doing its own thing, it's now an extension of your heart intelligence so it can be applied in such a beautiful harmonious and very advanced intelligent way rather than what it generally does at the moment.

So that's so that I'm hoping to give just a little bit of a flavor or character to some of the interactions so people can get a better feel for what happens. But these groups are involved in lots of different massive projects all over the galaxy and focus here as well. I've had interactions with other races which are beyond this galaxy. They've tried to tell me their name but I kind of laugh but they smiled and they said, well, we could offer you the name but you wouldn't be able to pronounce it. Because they use, it's their linguistics. It's not sound based as we have it like with our vocal cords. It's a very different form of communication.

So trying to translate that is kind of difficult but they are able there. There is this through the highest cell because the highest self can translate and that's another important thing in communication. The highest self can very clearly step down or translate high level information from one race to you in a way that's perceptible given

your current language, your current conceptual abilities and so on and so forth.
So that makes it a lot easier. So I hope that's I can't stress that enough the higher self connection. And these beings themselves and another aspect to them being high level intelligent is they encourage that. They really would love to see humanity. Step into their core higher self and become their higher self embodied in a human vessel. That's what they're hoping to, that's what they're looking to help humanity do.
And so that's where they constantly encourage and it's a lovely way they operate because they don't just necessarily just give me information. They will offer a concept and they will wait and watch me and say, okay, can you decode this? Can you understand what you've just been given?
And once you have understood this because they're very big or not violating free will because they follow the divine outlay of things very, very, very beautifully because their heart sent it. It's a natural thing for them. And so they wait for you to get the our heart moment for you to have the discovery yourself. Then they say, ah, great, okay, you understand that. Now we can go to the next step.
So they don't just laid out textbook style and say, right, you're going to do this, this, this, it doesn't work like that. Not at least not in my experience anyway. So it's a very beautiful and very humorous. They're very fun loving they're very playful. They're very jokey as well. They're always playing around that's another sign of high level intelligence in my view.
Exactly. You know, so they're never, I mean, sometimes they can be very focused, but that's not the same as being serious as we see it like as human beings being serious. You know, they're, they're still very jolly. They're still very joyful. They're just very still that's a very different way of looking at it.
But they're always playing around. It's always joking and yes, it's, one of the things that I think is incredibly beautiful and very divine because I believe that in my experience to Source intelligence or the creator energy is inherently playful.

It's inherently joyful. It does joke around. It's very, it's very, it loves to goof around and be silly as well. It's very playful. But at the same time, my high self once said, but it's, it is the master physicist. It's the master artist, the master poet, the master chemist, the master everything.
So it has all those qualities rolled into one and it's a, it's a beautiful symphony and it really is a symphony in one way of saying it. So I don't, so I don't want to run too long because I, I, I'm not, did that answer your question? Okay. Now that's wonderful.
NOEMI: That's what we have a lot of questions about. Arcturians. So maybe Martha, do you want to help us with the other questions? Yes. Or at least I don't know if you can see the comments, but. I will let me put it over to comments so I can see because I, oh, wow, I just see.
DAVID: I had it on a different tab. There's a lot of comments there. Okay.
MARTHA: Have the Arcturians taught to you specific healing or geometry.
DAVID: Okay. Yes. The way that they've been working with me is not so much geometrical in its nature, although sometimes there are geometrical qualities to it. What they've been teaching me is a much more fluid living intelligent field nature of healing and evolution and other things like that.
So I'm trying to think of a way to sort of ground this a little bit more. So let's put it this way. So geometries as we know them are sort of fixed structures which have a form which hold a particular vibration and can hold certain energetics. With living energetics, they're very fluid and they morph and change. They can expand and do all sorts of things to give some sort of context to it.
But within that energy, energetic itself is a living intelligence that knows how to organize matter, how to move it, place it, change it and do all sorts of things to make it work optimally.
So I wouldn't say per se that geometry is an overall factor in that. It seems to be that the higher in dimensionality you go, the more fluid it becomes and less structural it becomes.

And that's one thing they've been getting me to see is when you can open up and allow that type of level of energetic into a very structural reality that we have which has a lot of geometrical quality embedded within it. Then you get to see living energetics organize things on a very fundamental level which is what they do.
And so this is really the healing of what we call the intelligence of love. Everybody uses the word love but to me it's a word that points to something but what is that something? To me it's the living intelligence of the creator presence.
And it fundamentally knows how to direct, create, reshape, change anything to make it in balance and the most harmonious that it can work in the most optimal way. It can do that subatomically, it can do that with atoms, molecules, large change, DNA, molecules, you name it. It knows how to reshape and organize everything and it does it in a field fluid way if that makes sense.
So I'm not sure if that was what you were hoping for in your question but I hope that has answered your question but that's certainly been my experience with what the Arcturians have been showing me. But yes, grounding that in and working with it on this level often does involve certain geometrical forms.
So there is an interplay between the anchoring of high level energetics and what we see in reality here as well.
MARTHA: Thank you David. There is another part. What living energy technologies do the Arcturians news that we call replicate on the Earth?
DAVID: Yes, this is coming through. The devices that I've made, the infinity devices are literally based on technology in cooperation or collaboration with them and other races as well. It's a step towards living energetic technologies because the technologies or innovations of the future that they're going to share with us. You have to remember that there is a readiness on behalf of humanity that we need to be in order to be able to work with and be receptive to these very advanced energetic technologies because it's not just a case of having them turning them and celebrating a new amazing Earth.

We have to acclimate because one of the reasons I think Nicola Tesla was held back certainly by forces that didn't want him bringing stuff out for sure as everybody knew. I think there was another component where high level beings said, okay, right, you've introduced enough.
But if this goes out right now into the world and gets fully activated, the energetics that are going to be emitted from these technologies will be too much for humanity to handle. One of the things I find, and to give you an example of this, when I buy locate and go to very high dimensional beings, I can only go there for so long and then they say, right, you have to come back now. Even just that bilocation link raises the energy of my body so much that it brings stuff up for me. It turfs out all that any lower energy stuff that it just pulls it out because all the lower energetics have to give way to the higher ones. It's just the way that energetics work. I found that with that. They explained to me that everybody is looking for contact right now and they're saying one of the main things to do with that and the delay has been what they're looking for people to do is reach back the other way and raise up their consciousness because they said, if you get close to a high energy being and you're in their energy field for a certain amount of time, all your stuff is going to rocket to the surface. If you're not stable enough or capable of handling and dealing with what comes up, it's going to bowl you over and that's not going to be such a pleasant experience.
That's one of the issues they were saying is, and I can hear my eyes are saying, it's not so much of an issue that it is just steps that humanity just needs to take. It's a perfectly understandable one. We've been through a whole series of dense of a millennia, a millennia, a millennia of dense experiences. We've accumulated a lot of junk, a lot of rubbish and it just needs to be cleared and as we do it, we raise up and as we raise up, we get closer to where they're vibrating and as the gap closes in, now the synergy can take place in a higher and better way and it won't bring up stuff that's going to overwhelm you. That's another big thing to consider with people.
It's not about sitting back and waiting for contact to happen. We can move it forward and we can move it forward by doing the work on

ourselves, clearing all belief patterns, clearing all the motions, just letting stuff go and working with the your higher self knows you inside and out and will work with you very deeply to clear out exactly in sequence what needs to be cleared out, how and when.
That is another massive thing I would say to people. Your higher self is your most powerful ally, your best friend. It knows you inside and out and can help you but it won't override your free will. You do need to work with it and give it the go ahead to do that. Sorry, I have answered your question on a tangent a little bit there on something, but I'm just hoping that I'm answering your question probably.
MARTHA: Okay. It's a thing. I'm going to say that you are going to be able to do that. It's the opportunity.
CECILIA: It's the opportunity. From your point of view, who are the Arcturians and what is your purpose owner? I think... I say... Yes, you have more information. And perhaps something more personal, it has your personal concept than you like.
DAVID: Well, yes, the Arcturians. If you look in the night sky, depending on where you are, you can see the Arcturians star. It's a massive star, but the Arcturians work all over the place. They're not just located in one specific area of space, although that's their home system.
So as my understanding is that they, like I said, they work on massive projects galaxy wide and even work intergalactically as well. So they're not just working around their home system. They're very spread out.
And my experience with them has been very beautiful. Like I said, they're very kind, very patient, very fun loving beings, even though they have incredibly advanced, both intellects and heart centeredness. They have this terrific balance between heart intelligence and application through the mind, which is just phenomenal. It really is.
So I would say that they are just really cool beings definitely. And all the beings, like the Pleiadians in the same way, they each have their different focuses on what they focus with, but are just beautiful, beautiful beings, very warm, very loving, very kind. And what it is, in my experience, the more you connect with the Source or your higher

self within, you begin to develop a natural trait of wishing to help others do the same. It's just a natural quality of Source intelligence itself. It's always looking to uplift and help in the ways that doesn't violate free will.

And the more advanced these beings become, the more closely to their heart center intelligence, they become, the more of that they develop. And it's only really the races that have lost connection. And you can see it in humans. Human beings who have lost connection significantly with their heart intelligence behave in some pretty bad ways.

Because they don't have the guiding intelligence of the core heart center to infuse their decisions, infuse their thoughts, infuse their actions with harmonious, kind, compassionate energetics. It really does come down to that. So I hope that gives a very brief sort of look at my experience with the Arcturians, the Pleiadians and similar beings as well. So yes, definitely.

MARTHA: Thank you, ladies.

DAVID: Yes, you are welcome.

CECILIA: No worries. I am quite curious about this cleaning process. You mentioned at the beginning that perhaps we need to clean up ourselves before opening up to communication. How can we do it?

DAVID: Yes, there's a number of ways. I mean, it evolves into something that's quite personal in a way that's unique to you. But initially, learning through the Pleiadians, they were very keen on seeing certain belief systems, like, for example, you can sit down in meditation and you can ask you, you can call in your high self, ask your high self to infuse into you and say, okay, is there anything I need to look at right now?

And if you don't hear communication very well, there's another very simple technique, which is a kinetic technique, which is, “Okay, my high self, move me forward for a yes and backwards for a no. Okay?”

So for people who struggle, because I've had a lot of questions from people who say, well, I don't hear anything. I don't see anything. So

how on Earth am I supposed to get in for a mission where your high self can impulse you and can move you if you allow it.
So you get yourself in a balanced center. So you're just on the tipping point, not going forward, not going backwards.
And you say to your high self, “Okay, before we begin, do a calibration, show me a yes and you'll move forward.” And then you get back to center again, “Okay, now show me a no.” And you'll get to feel that push-pull as your high self is impulses you.
So then you can begin asking, yes, and no questions. Okay. Do I have anything to clear right now? Yes or no? Okay. Yes. Okay. What is it? Is it a belief that I needed to clear? Yes or no? Is it an emotion I need to clear? Yes or no?
So you can work like that to start with if you wish to. Now the next step, once you have them, you can start to ask your high self, okay, do I need to know that what type of belief it is? Is it a belief about self-worth? Is it a belief about…? You can start to get to know what it is.
And by doing so, you are developing a stronger relationship with the energetic makeup of you and it gets stronger and stronger the more you practice it and you'll get very good at it the more you do this.
And what you can do then is once you're high, because your high self just needs you to see it because part of the problem is because we've gone through many, many lifetimes and during this life of pushing things down, in other words, using our free will and our conscious power to squish this stuff down into the unconscious and hidden layers. We now have to learn that we have done that in order to undo the decision to suppress it.
And so that's part of why people say, why, why can't I just offer a lot to my high self and be done with it? It's like, well, it's a conscious development process and we have to learn to undo the choices that we've made to put ourselves there in the first place because it's free well.
So our high selves need us to be aware of the choice and I see it now. Now I can choose, I undo that choice to put myself in that position, to have that belief system to hold on that energy. Now your high self can begin dissolving it down.

So you can ask your high self right. I see that now can you start the dissolving and breaking down process and just wash it away. And here's the key thing and replace it with your high self, love light intelligence.
So as you're cleaning out, you're now replacing it with more infusion of your high self. So now you're not only are you clearing, you're now enhancing your synergy, your relationship with your high self will get stronger. Then you'll start to see better, hear better and your communication will change.
So that is definitely how I would recommend anyone who is perhaps just starting this or doesn't hear anything.
CECILIA: That's a great way to see.
NOEMI: Yes, that's so good. I think your answer is, I mean, we have three questions related to our self. Like please, “Hello, would you like please explain for yourself, for instance, what it feels like, the heart center.”
DAVID: Yes, well, I should like to add this. I'm glad somebody asked that actually because there's a lovely technique, very simple, very beautiful in my opinion that the teams have brought through about how to very rapidly deepen and expand with your higher self.
And it's called rhythmic breathing. Now rhythmic breathing is a sweet spot in each of us. It's a unique rhythm and it can be as shallow or as deep as fast or as slow as unique to you. And for some people, it'll be very different.
So what they encourage people to do is start breathing and just go a bit quicker, a bit slower, a bit deeper, a bit shallower. Feel the sweet spot. And it's that breathing rhythm that is unique to you right now and it will change as you grow and develop that rhythm will change as well. It's the unique rhythm that gives you the most relaxation, the most joy and the most openness. It's your unique rhythm.
Once you've got that sweet spot and you don't have to be spot on. It's like, oh, I've got to keep to the sweet spot. You know, “It's okay, I will relax with it. It's fine.” You can easily come back. It's okay.
But it's during that sweet spot and just around that sweet spot that your higher self has the most access to you because now you're

relaxed, now you're opening, you are rhythmically breathing and now your high self can synergize with you more deeply.
So what they do is that they ask your high self, you can ask your high self while you're rhythmically breathing to infuse in you with each in breath.
So it's like a sponge. So as you in breathe, you're literally opening up the field system within your body so your high self can infuse, you breathe out and you fuse again, you breathe out, you infuse again, you're building it up a little bit like a capacitive developing electrical charge. I know it's not a very good analogy, but you're literally infusing yourself with greater and greater amounts of your higher self and you'll get to a state where you'll feel so light and so expanded because your higher self is really there with you
You can just ask your high self to help you integrate and stabilize that energy within you and the more you practice it, you can do it for a couple of minutes a day before you go to bed, when you get up in the morning, whenever you want to, it's up to you. And I found the more you practice that, the stronger it becomes and it just accelerates very fast.
So that's one really good way of doing it.
NOEMI: Great. Great. And this will link with the next two because it's about the same. “Hello, Sophia, from Mexico. How can we wake up our dormant abilities?” and I will link it with this one. “How can we connect with our own team and how ourself?” So it's all related. There is a lot of interest.
DAVID: Yes, that's a good question. So let me start here and I'll ask those both questions one after the other. So number one, I would recommend highest learn to connect and develop that beautiful relationship with your higher self as a main point. Once you do that and you have that really beautiful connection going, then you can start asking your higher self to begin communicating on your behalf with other beings that your high self sees is going to be the best and highest good for you at that time. That way you get the very best in communication and the lessons and learning you need and interactivity you need.

So it goes in the best possible way. The other aspect of this is to do with latent abilities. Now, in my experience, latent abilities switch on quite naturally as you work and ground with your high self because a lot of these advanced abilities are within the field layers of your higher self. And as you integrate them and become them, they come online and they start switching on, they become available to you.
So synergizing the highest self to me is really opening up to the true essence of who you really are as being the being that is anchored in the human body and the body, as it synergizes and catches up, stuff will come up, the yuck that it doesn't match energetically with that, which is coming in will leave.
So you'll probably get weird emotions, you'll get stuff coming up like it happens to me still to this day, not as bad as it used to be, because it gets faster and easier as time goes on, but stuff comes up.
And now when you work with your high self, you can clear it just like that. It doesn't hang around for days or weeks or months like it used to. And your higher self, once you have that relationship and you have that interactivity, you can clear it so quickly for you, but you have to be aware of it and you have to make the choice with your higher self and let your higher self do this work with you once you have recognized your choice of what you have done to create that energy or hold it and now wish to undo it. Okay.
So they both, I would say those questions go hand in hand because they're part and the same package in a way that the more you connect with your higher self, the more you will clear because the more your stuff will come up. Now you have your higher self there to help you to get rid of it very quickly. Now there's this beautiful cycle that comes into play of acceleration. Now you're working very fast towards your higher self, you're synergizing.
And now abilities are going to start coming online. Your receptivity to communication to other high dimensional beings is going to come online because you now have higher self access and your high self already communicates and has access to other higher selves and other high dimensional beings.
So that way to me is the way I'd always recommend doing it. And I hope that gives a kind of a better understanding from my point of

view of how things how things are going for me.
NOEMI: Good. We have one more and then we can start to wrap it. But this is from Cecilia.
CECILIA: When and how do we remote view it anyway, is it written down?
DAVID: Oh, this question. OK, so you're asking a different question. This is interesting, actually, actually happened. A friend of mine, when I was doing my PhD at Oxford, knew I was interested in everything up there. And he bought me a book. And it was to do with all sorts of phenomenon. And one section of it was to do with remote viewing. And this is where I saw the testimonials of all these people. So he bought it as a birthday present for me. And thinking it was, oh, he's into all things UFO. That sounds cool. I'll get him that. And it was a really cool book. And but it was the bilocation experiences that these professional remote viewers were having and the experiences that they were having on other worlds that really got my attention. And I thought, well, I don't know if this is going to work, but I'm willing to have a look because that to me is the nature of what a scientist really should be. It's about discovery, not being dogmatic and keeping to everything you think you know, it's about being open to exploration.
So like I said, that was the first point of it. I'd never heard of it before then. I just read it in this book, but the detail and the clarity and the information and experiences these people were bringing through was extraordinary.
So that was the first point and that was around 2002ish somewhere around that time, as I remember.
MARTHA: David, how can we train ourselves to develop *remote viewing* abilities?
DAVID: Well, I would say what has changed for me? I started remote viewing, but quite quickly, my higher self sort of had me stop that and develop something else, which I call *remote perception* now. So remote viewing is essentially data collection in a way. It's what it was developed to do and it's very good at that. But there are a lot of protocols involved in doing it, which my teams didn't want me to use

because it was holding up other perception levels, which they wanted me to open up to and explore.
I do what they call or what they impulsed to me intuitively as remote perception. And it does a lot of parallels with remote viewing in many ways. And this is in no way discrediting or remote viewing. It's an exceptional informational gathering technique. No question about it. But with remote perception, it's a little different because it's a development in synchronicity with your high self, so you're now perceiving not just through your human perceptibility, but you're also perceiving through your higher self perception as well.
So it's a really multi-level perception that you have. And it's very interesting how things come through. So as I remember in remote viewing, you move around a target and you start getting descriptive data about bits and pieces and you start noting that down. With a remote perception in the quantum frame of things, it's almost like a snapshot, like the event is right there.
And now you have to literally experience and decode that quantum snapshot of perception in a way, because the linear time and expanse that we experience down in 3D here is not the same as what it is in high levels.
It works very differently that in high levels that there is no time and no space as we understand it. It's very different. These are fluid fields, interconnected unity fields. The perception of spatial expansion and temporal difference or time difference is not the same.
And so what they were trying to help me do is to develop a level of perception, which was sort of freed or decoupled a little bit, if you like, from the normal paradigms of third dimensional information perception.
So yes, so I would say that to the question, how is the best way to develop that? Once again, high self developed that relationship because your high self knows how to do this already. This isn't anything new? We're not reinventing the wheel here. We already have these abilities. What we're learning to do really is reintroduce them so they can become available to us for use.

And for me, the best way to do that always comes back to high self connection, build that bridge, build that personal connection with your high self and you will fly.

MARTHA: It's a great truth. OK. About humanity, I want to ask you regarding the future of the humanity, what is the most important message that the Arcturians have for humanity at this time? All right.

DAVID: Well, let's ask them directly. So my high self, would you, would you connect with my Arcturians teams, please?

And if they have any message for the question, what is the most important message they have for humanity at this time? OK, so what happens? I'm just going to describe the connection process. So my high self is always here 24/7. And when I connect through my high self, the link between my high self and my Arcturians teams is instantaneous so there can be a communication through my high self that way.

So the Arcturians are smiling quite readily. They're saying at this time their message for humanity is this:

The core love intelligence that you are is who you really are. Over many different lifetimes, and especially this one they're saying, you have been taught to think that you are a material existence, that you are little more than just the electrochemical makeup of your human body. We would like to suggest to you that is completely false. They're saying, like we have said to this one, when you learn to operate from your heart center, from your living intelligence, which is vast and infinite. You will begin to appreciate the vast expanse of who you really are and just a tiny, tiny tip of you is entered into what you call your human body. You in fact have access to vast abilities, multi-dimensional. They're saying multi-galactic and multi-universal that you are not yet aware of. But soon will be as at the pace and time of your choosing.

And so what they're saying, what they would like to say is this. We would deeply encourage you to continue relaxing, having fun. And using the technique of rhythmic breathing if you wish or any other technique you find is most important. If you wish or any other technique you find is most helpful.

To bridge with your core infinite self, you may call that your Source self, you may call that your high self. It is all the same. We are seeing at this time many, many new lights come into the fold. As many people are starting to discover, within them is something far deeper, far more profound than they could ever have imagined. This will continue. They're saying, you see dear humans, as one person does it, so does the one next to them and so do the two next to them and the four next to them.
And so on and so on. You see it as exponential. And this is in part why there is rapid acceleration at this time on your planet. Many, many beings are becoming aware of their light Source intelligence and is expanding within them and growing and switching on as if becoming a powerful lighthouse within their physical body.
And this is one of the many reasons why so many people are experiencing what you would call ascension symptoms. This is because the light synergy process is so rapid now and it is continuing to accelerate.
And so we would encourage you to as this one has said, to connect within and form the relationship, the loving and compassionate relationship with your higher self, because it is you. It is the you in multi-dimensional form.
And as we have said, a tip of which is entered into your physical body. As you develop that relationship, your body, your mind, all of your material structure will expand and change. You are in fact the change you've been looking for. It is within you. It has always been within you. And that is our message this day.

MARTHA: Thank you so much. Thank you, everybody. Thank you. Thank you. Thank you.
DAVID: You're very welcome. Thank you.
NOEMI: And I guess people would like to know your website. Is that okay?
DAVID: Yes. So there's that website and we do a live stream of meditations and Q and A's on our Patreon site, which is just Infinite Source Creations on Patreon. So, but you can find that through that website if you want to as well. So yes, that's a good place to start.

NOEMI: So please note, I will put in the description as well. www.infinitesourcecreations.com.
DAVID: Yes, that's correct.
NOEMI: And you would like to share. Yes, there's too many.
DAVID: So some of the meditations we do for a subscription because it's an ad free platform and there's other bits and pieces we have to keep the platform going. Most of it is for free, but the two most important ones for people to get started which are free and number 14 and 15.
Those are the initial awakenings of the Sacred Heart connection bridge within your heart itself, your heart field system and the infinite Source gateway, which is the core gateway in the center of the Sacred Heart, which is your direct connection to Source the Source field itself.
You each have one. And by connecting to that and allowing that energy to infuse into you using the Sacred Breath or whatever method you feel comfortable with is really going to excite things. It certainly has for me. So yes, those are two I definitely recommend if you're starting out.
NOEMI: Well, we wish. Thank you so much.
DAVID: You're very welcome. No worries.
NOEMI: I know we could go on forever, but I think for the first life program that's beautiful, beautiful, beautiful, beautiful.
DAVID: Yes, you can say too much and I think all that needs to be said was definitely some great questions there and I think they all came together beautifully well and I hope that's given people a really good way to because for me, I know that that seems to be the missing link. There's a lot of when I first began looking into this. It was a little bit confusing and I found that there was a lot of different perspectives on which is perfectly natural. It's a big human race. But for me, it all started to come together coherently very fast when I started to really connect with my high self and work with my high self. For me, I cannot recommend one single thing more importantly than building your relationship with your high self because that's the multi-dimensional you. That's all that you've ever wished to have access to is sitting right there. But you have to allow it through work

with you, bridge to it, develop that relationship and it will get stronger and more powerful and more integrated within you as you do it.
NOEMI: Thank you. Thank you. Thank you.
MARTHA: Thank you. Thank you. Thank you. We are very happy to be here. We're going to be here in the next interview.
NOEMI: Thank you everybody. And then we will have this transmission in Spanish soon.
DAVID: Cool. Lots of love to everybody. I hope you had a wonderful time and got whatever information you needed to get from this. So, I wish you all a wonderful day. Thank you.
NOEMI: Thank you Cecilia. Thank you everybody. You take care. See you soon. Bye. Bye. Bye.